# November 2026

## Allegro Harrington Park Senior Living

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>**9:15** Catholic Mass Livestream (PTH)<br>**10:00** Communion (T)<br>**10:30** Tai Chi (ACT)<br>**11:00** Sunday Stretch with Laura (PTH)<br>**11:15** Art History Lecture (T)<br>**11:30** Creative Craft Meetup (AS)<br>**1:45** Sunday Cinema (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:30** Wheel of Fortune (ACT)<br>**8:00** Movie Musicals (T) | **2**<br>**10:00** News & Views with Sam (L)<br>**10:30** Morning Yoga with Jen (ACT)<br>**11:30** Ted Talk & Discussion (T)<br>**1:00** Knit Wits Club (BC)<br>**2:00** LCR Game<br>**2:00** Opera Appreciation w/ Joe Lawliss (T)<br>**3:15** Centering Yoga Class (ACT)<br>**3:30** Social Hour (PTH)<br>**4:15** Cornhole Challenge w/ Lifestyle (ACT)<br>**6:30** Bingo with Cindy (ACT)<br>**8:00** Monday Night Movie (T) | **3**<br>Election Day<br>**9:15** Let's Head to the Polls! (Bus)<br>**10:00** Jeopardy Challenge (L)<br>**10:30** Total Body Movement with Deb (ACT)<br>**11:30** Making Cards for Our Veterans! (AS)<br>**11:30** Wall Scrabble (GR)<br>**1:15** Tech Tuesday - Help Desk (BC)<br>**1:30** Poker (GR)<br>**2:00** Food Forum (ACT)<br>**2:00** Loco For Logos Trivia Game! (ACT)<br>**3:30** Sunset Stretch (PTH)<br>**3:45** Balloon Volleyball (ACT)<br>**8:00** Movie Night- Resident Pick (T) | **4**<br>**10:15** Current Events with Bob (T)<br>**10:30** Balance Fitness with Tammie (ACT)<br>**11:30** Crafting with Cindy (AS)<br>**11:30** Crossword Challenge (ACT)<br>**12:00** Cooking Demo with Connor (B)<br>**1:45** Travelogue Series w/ Laura (T)<br>**2:00** Mahjong with Michelle (GR)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:45** Name That Tune- Rockin' to the 50's! (T)<br>**7:15** Music with Bonnie! (T) | **5**<br>**10:00** Aquacise Class with Kim (P)<br>**10:00** Brain Pop! (L)<br>**10:30** Documentary Film Series (T)<br>**10:30** Gentle Yoga with Jen (ACT)<br>**11:30** Cindy's Sip & Paint Class (AS)<br>**12:15** Piermont Lunch Trip (Bus)<br>**2:00** LCR Game (GR)<br>**2:00** Rummikub Club (GR)<br>**3:00** Health Pro Discovery Series w/Amy (ACT)<br>**3:45** Allegro Karaoke Jam Session (T)<br>**7:15** Evening Concert & Cordials (PTH) | **6**<br>**10:15** Ted Talk & Discussion (T)<br>**10:30** Strength & Fitness (ACT)<br>**11:30** You be the Judge (ACT)<br>**1:30** Poker (GR)<br>**2:00** Bingo Bash (ACT)<br>**2:00** Canasta Club with Lisa (GR)<br>**3:15** Yoga with Mimi (ACT)<br>**3:30** Social Hour (PTH)<br>**4:30** Shabbat (ACT)<br>**8:00** Movie Night - New Release (T) | **7**<br>**10:00** AM Shopping Shuttle (Bus)<br>**10:00** Shabbat - Virtual Service (PTH)<br>**10:30** Yoga Flow w/ Kim Mihov (ACT)<br>**11:15** Resident Run Wall Scrabble - Join Us! (GR)<br>**11:30** Saturday Crossword Challenge (ACT)<br>**1:00** Line Dancing (ACT)<br>**1:45** Saturday Matinee (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**8:00** Saturday Night Symphony (T) |
| **8**<br>**9:15** Catholic Mass Livestream (PTH)<br>**10:00** Communion (T)<br>**10:30** Tai Chi (ACT)<br>**11:00** Sunday Stretch with Laura (PTH)<br>**11:15** Art History Lecture (T)<br>**11:30** Creative Craft Meetup (AS)<br>**1:45** Sunday Cinema (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:30** The Price is Right Game (ACT)<br>**8:00** Movie Musicals (T) | **9**<br>**10:00** News & Views with Sam (L)<br>**10:30** Morning Yoga with Jen (ACT)<br>**11:30** History Trivia Challenge (ACT)<br>**11:30** Ted Talk & Discussion (T)<br>**1:00** Knit Wits Club (BC)<br>**2:00** Fall Decoupage Crafting w/ Cindy (AS)<br>**2:00** LCR Game<br>**3:15** Centering Yoga Class (ACT)<br>**3:30** Social Hour (PTH)<br>**4:15** Cornhole Challenge w/ Lifestyle (ACT)<br>**6:30** Bingo with Cindy (ACT)<br>**8:00** Monday Night Movie (T) | **10**<br>**9:15** Post Office & Bank Outing (Bus)<br>**10:00** Jeopardy Challenge (L)<br>**10:30** Total Body Movement with Deb (ACT)<br>**11:30** Live Lecture with Paul White (PTH)<br>**11:30** Wall Scrabble (GR)<br>**1:15** Tech Tuesday - Help Desk (BC)<br>**1:30** Poker (GR)<br>**2:00** Jewelry Making Class w/ Cindy (AS)<br>**3:45** Balloon Volleyball (ACT)<br>**8:00** Movie Night- Resident Pick (T) | **11**<br>Veterans Day<br>**10:15** Current Events with Bob (T)<br>**10:30** Balance Fitness with Tammie (ACT)<br>**11:30** Crossword Challenge (L)<br>**11:30** Stars, Stripes and Stories (ACT)<br>**12:00** Cooking Demo with Connor (B)<br>**1:45** Travelogue Series w/ Laura (T)<br>**2:00** Mahjong with Michelle (GR)<br>**2:15** Bingo (ACT)<br>**2:30** Allegro Stands Together: Veteran's Day Tribute (PTH)<br>**3:30** Honoring Our Heroes Social Hour (PTH)<br>**8:00** Patriotic Movie Night (T) | **12**<br>**10:00** Aquacise Class with Kim (P)<br>**10:00** Minds In Motion (L)<br>**10:30** Gentle Yoga with Jen (ACT)<br>**11:30** Clay Creations (AS)<br>**12:15** PF Chang's Lunch Trip (Bus)<br>**2:00** LCR Game (GR)<br>**2:00** Rummikub Club (GR)<br>**2:30** Ice Cream Sundae Social (PTH)<br>**3:45** Allegro Karaoke Jam Session (T)<br>**8:00** Documentary Film Night (T) | **13**<br>**10:30** Strength & Fitness (ACT)<br>**11:30** You be the Judge (ACT)<br>**1:00** Bingo (ACT)<br>**1:30** Poker (GR)<br>**2:00** Canasta Club with Lisa (GR)<br>**2:00** Veteran's Day Show with Bonnie (T)<br>**3:15** Yoga with Mimi (ACT)<br>**3:30** Social Hour (PTH)<br>**4:30** Shabbat (ACT)<br>**8:00** Movie Night - New Release (T) | **14**<br>**10:00** AM Shopping Shuttle (Bus)<br>**10:00** Shabbat - Virtual Service (PTH)<br>**10:30** Yoga Flow w/ Kim Mihov (ACT)<br>**11:15** Wall Scrabble (GR)<br>**11:30** Saturday Crossword Challenge (ACT)<br>**1:00** Line Dancing (ACT)<br>**1:45** Saturday Matinee (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour w/ Live Music Show (PTH)<br>**8:00** Classical Symphony Concert (T) |
| **15**<br>**9:15** Catholic Mass Livestream (PTH)<br>**10:00** Communion (T)<br>**10:30** Tai Chi (ACT)<br>**11:00** Sunday Stretch in the Pub! (PTH)<br>**11:15** Art History Lecture (T)<br>**11:30** Creative Craft Meetup (AS)<br>**1:45** Sunday Cinema (T)<br>**2:15** Bingo (ACT)<br>**3:30** Making Gratitude Garlands (AS)<br>**3:30** Social Hour (PTH)<br>**8:00** Movie Musicals (T) | **16**<br>**10:00** News & Views with Sam (L)<br>**10:30** Morning Yoga with Jen (ACT)<br>**11:30** Ted Talk & Discussion (T)<br>**1:00** Knit Wits Club (BC)<br>**2:00** Assisted Living Resident Council Meeting (ACT)<br>**2:00** LCR Game<br>**2:00** Watercolor Painting Class (AS)<br>**3:15** Centering Yoga Class (ACT)<br>**3:30** Social Hour (PTH)<br>**4:15** Cornhole Challenge w/ Lifestyle (ACT)<br>**6:30** Bingo with Cindy (ACT)<br>**8:00** Monday Night Movie (T) | **17**<br>**9:15** Post Office & Bank Outing (Bus)<br>**10:00** Jeopardy Challenge (L)<br>**10:30** Total Body Movement with Deb (ACT)<br>**11:30** It's Time to Bead! (AS)<br>**11:30** Readers Rendezvous w/ Laura (L)<br>**11:30** Wall Scrabble (GR)<br>**1:15** Tech Tuesday - Help Desk (BC)<br>**1:30** Poker (GR)<br>**2:00** Lifestyle Committee (ACT)<br>**3:00** Loco For Logos Trivia Game! (ACT)<br>**3:30** Sunset Stretch (PTH)<br>**3:45** Balloon Volleyball (ACT)<br>**8:00** Movie Night- Resident Pick (T) | **18**<br>**10:15** Current Events with Bob (T)<br>**10:30** Balance Fitness with Tammie (ACT)<br>**11:30** Crafting with Cindy (AS)<br>**11:30** Crossword Challenge (ACT)<br>**12:00** Cooking Demo with Connor (B)<br>**1:45** Travelogue Series w/ Laura (T)<br>**2:00** Mahjong with Michelle (GR)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:45** Name That Tune- Welcome to the Oldies! (T)<br>**8:00** Comedy Movie Night (T) | **19**<br>**9:30** A Trip to the Casino (Bus)<br>**10:00** Aquacise Class with Kim (P)<br>**10:00** Brain Pop! (L)<br>**10:30** Gentle Yoga with Jen (ACT)<br>**11:30** Cindy's Sip & Paint Class (AS)<br>**2:00** LCR Game (GR)<br>**2:00** Make & Bake! (ACT)<br>**2:00** Rummikub Club (GR)<br>**3:00** A Taste of Fall- Wine & Tapas (PTH)<br>**3:45** Allegro Karaoke Jam (T)<br>**8:00** Documentary Film Series (T) | **20**<br>**10:30** Strength & Fitness (ACT)<br>**11:30** You be the Judge (ACT)<br>**1:30** Poker (GR)<br>**2:00** Bingo Bash (ACT)<br>**2:00** Canasta Club with Lisa (GR)<br>**3:15** Yoga with Mimi (ACT)<br>**3:30** Social Hour (PTH)<br>**4:30** Shabbat (ACT)<br>**8:00** Movie Night - New Release (T) | **21**<br>**10:00** AM Shopping Shuttle (Bus)<br>**10:00** Shabbat - Virtual Service (PTH)<br>**10:30** Yoga Flow w/ Kim Mihov (ACT)<br>**11:15** Wall Scrabble (GR)<br>**11:30** Saturday Crossword Challenge (ACT)<br>**1:00** Line Dancing (ACT)<br>**1:45** Saturday Matinee (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**8:00** Virtual Concert (T) |
| **22**<br>**9:15** Catholic Mass Livestream (PTH)<br>**10:00** Communion (T)<br>**10:30** Tai Chi (ACT)<br>**11:00** Sunday Stretch with Laura (PTH)<br>**11:15** Art History Lecture (T)<br>**11:30** Creative Craft Meetup (AS)<br>**11:30** Sunday Brunch Trip (Bus)<br>**1:45** Sunday Cinema (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:30** Wheel of Fortune (ACT)<br>**8:00** Movie Musicals (T) | **23**<br>**10:00** News & Views with Sam (L)<br>**10:30** Morning Yoga with Jen (ACT)<br>**11:30** Ted Talk & Discussion (T)<br>**11:30** Thanksgiving Wreath Making (AS)<br>**1:00** Knit Wits Club (BC)<br>**2:00** LCR Game<br>**3:15** Centering Yoga Class (ACT)<br>**3:30** Social Hour (PTH)<br>**4:15** Cornhole Challenge w/ Lifestyle (ACT)<br>**6:30** Bingo with Cindy (ACT)<br>**8:00** Monday Night Movie (T) | **24**<br>**9:15** Post Office & Bank Outing (Bus)<br>**10:00** Jeopardy Challenge (L)<br>**10:30** Total Body Movement with Deb (ACT)<br>**11:30** Wall Scrabble (GR)<br>**1:15** Tech Tuesday - Help Desk (BC)<br>**1:30** Poker (GR)<br>**2:00** Live Lecture with Paul Rabinowitz (T)<br>**2:30** Jewelry Making Class w/ Cindy (AS)<br>**3:45** Balloon Volleyball (ACT)<br>**8:00** Movie Night- Resident Pick (T) | **25**<br>**10:15** Current Events with Bob (T)<br>**10:30** Balance Fitness with Tammie (ACT)<br>**11:30** Crossword Challenge (ACT)<br>**11:30** Gobble Gobble Craft with Cindy! (AS)<br>**12:00** Cooking Demo with Connor (B)<br>**1:45** Travelogue Series w/ Rick Steves (T)<br>**2:00** Mahjong with Michelle (GR)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH)<br>**3:45** Name That Tune- Love Songs & Melodies (T) | **26**<br>Thanksgiving Day<br>**9:30** Thanksgiving Day Parade (PTH)<br>**10:00** Aquacise Class with Kim (P)<br>**10:00** Thanksgiving Word Scramble (L)<br>**10:30** Gentle Yoga with Cindy (ACT)<br>**11:30** Let's Give Thanks! (ACT)<br>**1:45** Planes Trains & Automobiles Movie! (T)<br>**2:00** LCR Game (GR)<br>**2:00** Rummikub Club (GR)<br>**2:30** Let's Get Trivial (ACT)<br>**8:00** Thanksgiving Movie Night (T) | **27**<br>Black Friday<br>**10:30** Strength & Fitness (ACT)<br>**11:30** You be the Judge (ACT)<br>**1:30** Poker (GR)<br>**2:00** Bingo Bash (ACT)<br>**2:00** Canasta Club with Lisa (GR)<br>**3:15** Yoga with Mimi (ACT)<br>**3:30** Social Hour (PTH)<br>**4:30** Shabbat (ACT)<br>**8:00** Movie Night - New Release (T) | **28**<br>**10:00** AM Shopping Shuttle (Bus)<br>**10:00** Shabbat - Virtual Service (PTH)<br>**10:30** Yoga Flow w/ Kim Mihov (ACT)<br>**11:15** Wall Scrabble (GR)<br>**11:30** Saturday Crossword Challenge (ACT)<br>**1:00** Line Dancing (ACT)<br>**1:45** Saturday Matinee (T)<br>**2:15** Bingo (ACT)<br>**3:30** Social Hour (PTH) |
| **29**<br>**9:15** Catholic Mass Livestream (PTH)<br>**10:00** Communion (T)<br>**10:30** Tai Chi (ACT)<br>**11:00** Sunday Stretch with Laura (PTH)<br>**11:15** Art History Lecture (T)<br>**11:30** Creative Craft Meetup (AS)<br>**1:45** Sunday Cinema (T)<br>**2:15** Bingo (ACT)<br>**3:30** Fall Fairy Lights & Bottle Painting (AS)<br>**3:30** Social Hour (PTH)<br>**8:00** Movie Musicals (T) | **30**<br>**10:00** News & Views with Sam (L)<br>**10:30** Morning Yoga with Jen (ACT)<br>**11:30** Allegro Book Club Meets w/ Laura (L)<br>**11:30** Ted Talk & Discussion (T)<br>**1:00** Knit Wits Club (BC)<br>**2:00** LCR Game<br>**3:00** Live Music with Julian! (PTH)<br>**3:15** Centering Yoga Class (ACT)<br>**3:30** Social Hour (PTH)<br>**4:15** Cornhole Challenge w/ Lifestyle (ACT)<br>**6:30** Bingo with Cindy (ACT)<br>**8:00** Monday Night Movie (T) |  |  |  |  |  |

### All in November!

Taking Our Residents to Vote!
Midterm Elections- 11/3
Allegro Stands Together:
Veteran's Day Tribute- 11/11
Sunday Brunch Outing- 11/22
Monthly Birthday Bash- 11/25
Happy Thanksgiving- 11/26

Yoga with Mimi
Mondays & Fridays @3:15pm
Daily Movies @ 1:45pm

*All Activities are Subject to Change*

### Locations

P = Pool
ACT = Activity Room
GR = Game Room
BC = Business Center
PTH = Penthouse Pub
T = Theater
Bus = Bus Trip
AS = Art Studio
L = Library
B = Bistro
LR = Living Room
P = Patio
DR = Dining Room
I = iN2L Computer
O = Outdoors

# November 2026

## Allegro Harrington Park-Ensemble

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| **1**<br>10:00 Virtual Catholic Mass (I)<br>11:00 Therapeutic Arts (LR)<br>11:30 Gentle Stretching with Anne (P)<br>2:00 Calm Breathing Bubble (I)<br>2:30 Snack N' Chat (P)<br>2:45 Affirmation Nation (LR)<br>3:30 Today in History Trivia (LR)<br>4:00 Bingo (LR)<br>6:00 Concert Series (LR) | **2**<br>10:00 Wheel of Fortune (LR)<br>10:45 Rosary Group (LR)<br>11:00 Crafting Corner (LR)<br>11:30 Gentle Yoga (LR)<br>1:00 Walk Around Allegro (O)<br>2:30 Sit and Strength (LR)<br>3:30 Sing-Along with Van Martin! (LR)<br>4:00 Bingo (LR)<br>6:00 Coffee and Conversations (LR) | **3**<br>10:00 This Is Your Life (LR)<br>10:30 Paper Crafting (LR)<br>11:30 Total Body Movement (LR)<br>1:00 Let's Take A Stroll (O)<br>1:30 Afternoon Stretch (LR)<br>1:45 Adventure with A View (Bus)<br>3:00 Float Like A Balloon (LR)<br>4:00 Bingo (P)<br>6:00 Ensemble Singing Society (I) | **4**<br>10:00 Price is Right (LR)<br>11:00 Nature's Art (LR)<br>11:15 Balance & Strength Fitness (LR)<br>1:00 Walking Club (LR)<br>1:15 Wellness Melodies (P)<br>3:00 Let's Reminisce (I)<br>3:30 Let's Bake- Cake Pops (LR)<br>4:15 Bingo (LR)<br>6:00 Posi-ti-vi Tea (DR) | **5**<br>10:00 This Is Your Life (LR)<br>11:15 Total Body Fitness (LR)<br>1:00 Wellness Melodies (P)<br>2:30 Chair Exercise w/Healthpro (LR)<br>3:00 Mugs & Memories (DR)<br>3:30 Let's Bake- Cookies (DR)<br>4:30 Karaoke (I)<br>6:00 Life Long Learning (I) | **6**<br>10:00 Storytelling 101 (LR)<br>11:00 Art Class with Christine (LR)<br>11:30 Stay Fit, Stay Fabulous (LR)<br>1:30 Let's Relax w/Jenn (LR)<br>2:00 Drum Fitness w/HP (LR)<br>2:30 Fridays at the Movies (T)<br>3:30 Strike & Social (LR)<br>4:30 Concert Series (LR)<br>6:00 Virtual Shabbat Services (I) | **7**<br>10:00 Family Feud (LR)<br>11:00 Inhale Wisdom (LR)<br>11:15 Manicure Madness (LR)<br>11:30 Nature's Nurturers (P)<br>1:15 Color Me Happy (LR)<br>2:00 Jogging your Noggin (LR)<br>3:00 Chair Yoga (LR)<br>3:30 Bingo (LR)<br>4:00 The Price is Right (I)<br>6:00 Concert Series (LR) |
| **8**<br>10:00 Virtual Catholic Mass (I)<br>11:00 Therapeutic Arts (LR)<br>11:30 Gentle Stretching with Anne (P)<br>2:00 Calm Breathing Bubble (I)<br>2:30 Snack N' Chat (P)<br>2:45 Affirmation Nation (LR)<br>3:30 Today in History Trivia (LR)<br>4:00 Bingo (LR)<br>6:00 Concert Series (LR) | **9**<br>10:00 Wheel of Fortune (LR)<br>10:45 Rosary Group (LR)<br>11:00 Crafting Corner (LR)<br>11:30 Gentle Yoga (LR)<br>1:00 Walk Around Allegro (O)<br>2:30 Sit and Strength (LR)<br>3:00 Brillo is Back (Therapy Dog) (E)<br>3:30 Sports Galore (LR)<br>4:00 Bingo (LR)<br>6:00 Coffee and Conversations (LR) | **10**<br>10:00 This Is Your Life (LR)<br>10:30 Paper Crafting (LR)<br>11:30 Total Body Movement (LR)<br>1:00 Let's Take A Stroll (O)<br>1:30 Afternoon Stretch (LR)<br>1:45 Visiting Paterson Museum (Bus)<br>3:00 Float Like A Balloon (LR)<br>4:00 Bingo (P)<br>6:00 Ensemble Singing Society (I) | **11**<br>10:00 Patriotic Welcome & Handheld Flag Presentation (LR)<br>10:30 Patriotic Melodies (LR)<br>11:15 Salute & Stretch (LR)<br>1:00 Touch of Honor (LR)<br>2:15 Patriotic Parfait Bar (LR)<br>3:00 Let's Reminisce (I)<br>3:30 Heroes' Center & Flow (LR)<br>4:15 Bingo (LR)<br>6:00 Posi-ti-vi Tea (DR) | **12**<br>10:00 This Is Your Life (LR)<br>11:00 Clay Date (LR)<br>11:30 Calm Breathing Bubble (LR)<br>2:00 Chapter's Inc. (LR)<br>2:30 Chair Exercise w/Healthpro (LR)<br>3:00 Mugs & Memories (DR)<br>3:30 What's Cooking-Brownies (DR)<br>4:00 Sip, Share, and Connect (PTH)<br>4:15 Karaoke (I)<br>6:00 Life Long Learning (I) | **13**<br>10:00 Storytelling 101 (LR)<br>11:00 Live. Love. Music (LR)<br>11:30 Stay Fit, Stay Fabulous (LR)<br>1:00 Memory Lane Sensory Journey (LR)<br>2:00 Fitness with HP (LR)<br>3:00 Get Creative with Christine (LR)<br>3:30 Strike & Social (LR)<br>4:30 Concert Series (LR)<br>6:00 Virtual Shabbat Services (I) | **14**<br>10:00 Family Feud (LR)<br>11:00 Inhale Wisdom (LR)<br>11:30 Nature's Nurturers (P)<br>1:15 Color Me Happy (LR)<br>2:00 Jogging your Noggin (LR)<br>3:00 Chair Yoga (LR)<br>3:30 Bingo (LR)<br>4:00 The Price is Right (I)<br>6:00 Concert Series (LR) |
| **15**<br>10:00 Virtual Catholic Mass (I)<br>11:00 Therapeutic Arts (LR)<br>11:30 Gentle Stretching with Anne (P)<br>2:00 Calm Breathing Bubble (I)<br>2:30 Snack N' Chat (P)<br>2:45 Affirmation Nation (LR)<br>3:30 Today in History Trivia (LR)<br>4:00 Bingo (LR)<br>6:00 Concert Series (LR) | **16**<br>10:00 Wheel of Fortune (LR)<br>10:45 Rosary Group (LR)<br>11:00 Crafting Corner (LR)<br>11:30 Gentle Yoga (LR)<br>1:00 Walk Around Allegro (O)<br>2:00 Jewelry Making w/Ashley (LR)<br>2:30 Sit and Strength (LR)<br>3:00 Sports Galore (LR)<br>4:00 Bingo (LR)<br>6:00 Coffee and Conversations (LR) | **17**<br>10:00 This Is Your Life (LR)<br>10:30 Paper Crafting (LR)<br>11:30 Total Body Movement (LR)<br>1:00 Let's Take A Stroll (O)<br>1:30 Afternoon Stretch (LR)<br>1:45 Sip and Socialize (Bus)<br>3:00 Float Like A Balloon (LR)<br>4:00 Bingo (P)<br>6:00 Ensemble Singing Society (I) | **18**<br>10:00 Price is Right (LR)<br>11:00 Nature's Art (LR)<br>11:15 Balance & Strength Fitness (LR)<br>1:00 Walking Club (LR)<br>1:15 Wellness Melodies (P)<br>2:15 Where Every Story Matters (LR)<br>3:00 Let's Reminisce (I)<br>3:30 Music for Joy (LR)<br>4:15 Bingo (LR)<br>6:00 Posi-ti-vi Tea (DR) | **19**<br>10:00 This Is Your Life (LR)<br>11:15 Total Body Fitness (LR)<br>1:00 Wellness Melodies (P)<br>1:30 Petals & Perfumes (LR)<br>2:30 Chair Exercise w/Healthpro (LR)<br>2:45 Appetizers & Gratitude: Staff & Family Feast (DR)<br>3:00 Mugs & Memories (DR)<br>3:30 Sip, Share, and Connect (PTH)<br>4:15 Karaoke (I)<br>6:00 Life Long Learning (I) | **20**<br>10:00 Storytelling 101 (LR)<br>11:00 Crafting Corner- Art Class with Christine (LR)<br>1:00 Music Therapy with Jenn (LR)<br>2:00 Drum Fitness w/HP (LR)<br>2:30 Fridays at the Movies (T)<br>3:30 Strike & Social (LR)<br>3:45 Enjoy Van Martin (LR)<br>4:30 Concert Series (LR)<br>6:00 Virtual Shabbat Services (I) | **21**<br>10:00 Family Feud (LR)<br>11:00 Inhale Wisdom (LR)<br>11:15 Manicure Madness (LR)<br>11:30 Nature's Nurturers (P)<br>1:15 Color Me Happy (LR)<br>2:00 Jogging your Noggin (LR)<br>3:00 Chair Yoga (LR)<br>3:30 Bingo (LR)<br>4:00 The Price is Right (I)<br>6:00 Concert Series (LR) |
| **22**<br>10:00 Virtual Catholic Mass (I)<br>11:00 Therapeutic Arts (LR)<br>11:30 Gentle Stretching with Anne (P)<br>2:00 Calm Breathing Bubble (I)<br>2:30 Snack N' Chat (P)<br>2:45 Affirmation Nation (LR)<br>3:30 Today in History Trivia (LR)<br>4:00 Bingo (LR)<br>6:00 Concert Series (LR) | **23**<br>10:00 Wheel of Fortune (LR)<br>10:45 Rosary Group (LR)<br>11:00 Crafting Corner (LR)<br>11:30 Gentle Yoga (LR)<br>1:00 Walk Around Allegro (O)<br>2:30 Sit and Strength (LR)<br>3:00 Sports Galore (LR)<br>4:00 Bingo (LR)<br>6:00 Coffee and Conversations (LR) | **24**<br>10:00 This Is Your Life (LR)<br>10:30 Paper Crafting-The Wreath Studio (LR)<br>11:30 Total Body Movement (LR)<br>1:00 Let's Take A Stroll (O)<br>1:30 Afternoon Stretch (LR)<br>1:45 Adventure with A View (Bus)<br>3:00 Float Like A Balloon (LR)<br>4:00 Bingo (P)<br>6:00 Ensemble Singing Society (I) | **25**<br>10:00 Price is Right (LR)<br>11:00 Nature's Art (LR)<br>11:15 Balance & Strength Fitness (LR)<br>1:00 Walking Club (LR)<br>1:15 Wellness Melodies (P)<br>2:15 Where Every Story Matters (LR)<br>3:00 Let's Reminisce (I)<br>3:30 Music for Joy (LR)<br>4:15 Bingo (LR)<br>6:00 Posi-ti-vi Tea (DR) | **26**<br>9:30 Parade Watch Party (LR)<br>10:00 Calm Breathing Bubble (LR)<br>11:00 The Harvest Harmony Hour (LR)<br>2:00 Chapter's Inc. (LR)<br>2:30 The Gobble & Glow Fitness (LR)<br>3:00 Leaves of Gratitude Tree Collage (DR)<br>3:30 Let's Bake- Pies (DR)<br>4:15 Karaoke (I)<br>6:00 Life Long Learning (I) | **27**<br>10:00 Storytelling 101 (LR)<br>11:00 Art for the Soul (LR)<br>11:30 Stay Fit, Stay Fabulous (LR)<br>1:00 Scented Dough Studio (LR)<br>2:00 Fitness with HP (LR)<br>2:30 Fridays at the Movies (T)<br>3:30 Strike & Social (LR)<br>4:30 Concert Series (LR)<br>6:00 Virtual Shabbat Services (I) | **28**<br>10:00 Family Feud (LR)<br>11:00 Inhale Wisdom (LR)<br>11:30 Nature's Nurturers (P)<br>1:15 Color Me Happy (LR)<br>2:00 Jogging your Noggin (LR)<br>3:00 Chair Yoga (LR)<br>3:30 Bingo (LR)<br>4:00 The Price is Right (I)<br>6:00 Concert Series (LR) |
| **29**<br>10:00 Virtual Catholic Mass (I)<br>11:00 Therapeutic Arts (LR)<br>11:30 Gentle Stretching with Anne (P)<br>2:00 Calm Breathing Bubble (I)<br>2:30 Snack N' Chat (P)<br>2:45 Affirmation Nation (LR)<br>3:30 Today in History Trivia (LR)<br>4:00 Bingo (LR)<br>6:00 Concert Series (LR) | **30**<br>10:00 Wheel of Fortune (LR)<br>10:45 Rosary Group (LR)<br>11:00 Crafting Corner (LR)<br>11:30 Gentle Yoga (LR)<br>1:00 Walk Around Allegro (O)<br>2:30 Sit and Strength (LR)<br>3:00 Sports Galore (LR)<br>4:00 Bingo (LR)<br>6:00 Coffee and Conversations (LR) |  |  |  |  |  |

### What's Happening in Allegro

Veterans Day 11/11

Athena L. –Birthday 11/5

Appetizers & Gratitude 11/19

Cheryl K. – Birthday 11/25

Big Birthday Bash 11/25

Thanksgiving Day 11/26

### Locations

P = Pool
ACT = Activity Room
GR = Game Room
BC = Business Center
PTH = Penthouse Pub
T = Theater
Bus = Bus Trip
AS = Art Studio
L = Library
B = Bistro
LR = Living Room
P = Patio
DR = Dining Room
I = iN2L Computer
O = Outdoors